

SEPTEMBER 2000

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FCE NEWS

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MILLIONS COULD SAVE UP TO \$546 A YEAR ON MEDICARE

Struggling to pay your bills? If so, you may be one of millions of people who can save up to \$546 a year in Medicare expenses. How can you do this? Each state has programs that put up to \$546 back in your pocket each year and may help pay for additional services and prescriptions. But, each year, more than half of the people who are eligible for this money never apply. Because people are not aware of this, a national effort is under way to let people know about the programs and to encourage them to apply.

If you answer "YES" to ALL three of the following questions, then you may qualify for savings for Medicare beneficiaries.

1. DO YOU have Medicare Part A, also known as hospital insurance? If you're not sure,, look on your red, white, and blue Medicare insurance card or call Social Security, toll-free, at 1-800-772-1213. If you are eligible for Medicare Part A, but do not have it because you cannot afford it, continue with question two because there is a program that will pay the Medicare Part A premium for you.

2. ARE YOU an individual with a monthly income of less than \$960, or a couple with a monthly income of less than \$1,286? 3. ARE YOU an individual with savings of \$4,000 or less, or a couple with savings of \$6,000 or less? When you are figuring your savings, include things such as money in a checking or savings account, stocks, or bonds. Do NOT include your home, a car, burial plots, up to \$1,500 in burial expenses, furniture, or up to \$1,500 worth of life insurance.

It's important to apply if you think you qualify, even if you are not sure. Apply at your local Department of Social Services. If you have questions, call 1-800-Medicare (1-800-633-4227).

Money Management
September 2000

SEVEN HIGHLY EFFECTIVE HABITS FOR HOME FOOD SAFETY

They're everywhere. They're on your hands, on the kitchen counter, in the air. They're the bacteria and other organisms that can cause food-borne illness ***if food isn't handled properly.***

Once a food leaves the grocery store, the consumer becomes an important link in the food safety chain. Safely processed foods can become unsafe if mishandled in the home.

Help keep your food safe by following these seven habits for home food safety, adapted from guidelines provided by the U.S. Department of Agriculture Food Safety and Inspection Service (FSIS). For more information, visit the FSIS web site at: <http://www.fsis.usda.gov/>

Habit 1: Hot Or Cold Is How to Hold

Keep hot foods hot and cold foods cold. Avoid the "Danger Zone" between 40 and 140 degrees F. Food-borne bacteria multiply rapidly in this "zone," doubling in number in as little as 20 minutes.

Take perishable foods, such as milk and other dairy products, eggs, meat, poultry and seafood home immediately after purchase. Place them in the refrigerator (40 degrees F or below) or freezer (0 degrees F) upon arrival. Buy a refrigerator/freezer thermometer at a

variety, hardware, grocery or department store. Monitor temperatures on a regular basis. When holding hot foods, keep them at an internal temperature of 140 degrees F or higher.

At events such as buffets where food is set out for guests, serve smaller bowls of food and set out fresh food bowls as needed. For added safety, put foods on ice or over a heat source to keep them out of the temperature "Danger Zone." Replace with a plate of fresh food, rather than adding food to other food already on a plate.

Habit 2: Don't Be A Dope, Wash With Soap

Wash hands with soap and warm water for 20 seconds before and after handling food. This is especially important when handling raw meat, poultry or seafood products. Bacteria can be spread all over your kitchen just by not washing your hands properly.

Habit 3: Watch That Plate, Don't Cross-Contaminate

"Cross contamination" occurs when bacteria transfer from one food to another through a shared surface. Don't let juices from raw meat, poultry or seafood come in contact with already cooked foods or foods that will be eaten raw.

For example, when grilling, avoid putting cooked meat on the plate that held the raw meat. After cutting a raw chicken, clean a cutting board with hot, soapy water. Follow with hot rinse water before cutting greens for a salad.

Place packages of raw meat, poultry or fish on plates on lower shelves of

refrigerators to prevent their juices from dripping on other foods.

Habit 4: Make It A Law - Use The Fridge To Thaw

Never thaw (or marinate) meat, poultry or seafood on the kitchen counter. It is best to plan ahead for slow, safe thawing in the refrigerator. Small items may thaw overnight. Larger foods may take longer -- allow approximately one day for every 5 pounds of weight.

If food is thawed in the microwave, cook it right away. Unlike food thawed in a refrigerator, microwave-thawed foods reach temperatures that encourage bacterial growth. Cook immediately to kill any bacteria that may have developed and to prevent further bacterial growth.

Habit 5: More Than Two Is Bad For You

Never leave perishable food at room temperature over two hours. Perishable foods include raw and cooked meat, poultry and seafood products. Once fruits and vegetables are cut, it is safest to also limit their time at room temperature.

If perishable food is left at room temperature for over two hours, bacteria can grow to harmful levels and the food may no longer be safe. The two hour limit includes preparation time as well as serving time.

On a hot day with temperatures at 90 degrees F or warmer, your "safe use time" decreases to one hour.

Habit 6: Don't Get Sick, Cool It Quick One of the most common causes of food-borne illness is improper cooling of cooked foods. Remember -- bacteria are everywhere. Even after food is cooked to a safe internal temperature, bacteria can be reintroduced to food from many sources and then can reproduce.

Put leftovers in the refrigerator or freezer promptly after eating. As Habit 5 stresses, refrigerate perishable food within two hours. Put foods in shallow containers so they cool faster.

For thicker foods such as stews, hot puddings and layers of meat slices -- limit food depth to 2 inches.

Habit 7: Cook It Right Before You Take A Bite

Always cook perishable foods thoroughly. If harmful bacteria are present, only thorough cooking will destroy them. Freezing or rinsing foods in cold water is not enough to destroy bacteria.

The U.S. Department of Agriculture recommends the following food preparation temperatures:

When roasting meat and poultry, use an oven temperature no lower than 325 degrees F. Cook ground meats (beef, veal, lamb and pork) to an internal temperature of 160 degrees F, and ground poultry to 165 degrees F. Steaks and roasts cooked to an internal temperature of 145 degrees F are medium rare, 160 degrees F are medium, and 170 degrees F are well done.

For doneness, poultry breast meat should be cooked to an internal temperature of 170 degrees F; 180 F for whole birds. Use a meat thermometer to assure that meat and poultry have reached a safe internal temperature.

If raw meat and poultry have been mishandled (left in the "Danger Zone" too long -- see Habit 1), bacteria may grow and produce heat-resistant toxins that -- can cause food-borne illness. **Warning:** If meat and poultry are mishandled when raw, they may not be safe to eat even after proper cooking.

When In Doubt, Throw It out!

Remember this phrase whenever you have a question about food safety and are unsure if the seven safe food habits have been followed.

Many bacteria that commonly cause food-borne illness can't be seen, smelled or tasted. A food-borne illness may develop within 1/2 hour to a few days; some may occur as long as two or more weeks after eating a contaminated food.

"But, I tasted it and I was OK" you may say. Be aware that different people have different tolerance levels for bacteria. The very young, older people and persons who are already ill are more susceptible to a food-borne illness.

Always remember, when in doubt, throw it out!

Food Talk Electronic
Newsletter Archives
September 1997

WEB-NUTRITION: **SAVVY ONLINE RESOURCES**

THE BOTTOM LINE: Many online sites provide healthful recipes, nutritional data about fast-food meals or sound advice on how to eat a more healthful diet.

The following Internet sites provide credible information whether you're looking for recipes, nutritional data about your favorite fast-food meals or sound advice on how to eat a more-healthful diet. But check with your doctor before making any major changes in your diet based on your Web surfing.

CYBER NUTRITION
Ask The Dietitian—
www.dietition.com

This site answers all types of diet and nutrition questions. You can also calculate your ideal weight range and body-mass index.

Diet Site—
www.dietsite.com

Visitors to this site can get a nutritional breakdown of their recipes and an analysis of their diets. The site also provides diet news and headlines, food-safety tips, directives for reading food labels and information about food additives.

Fat Free: The Low-Fat Vegetarian Archive—www.fatfree.com

More than 2,500 fat-free and low-fat vegetarian recipes are available at this bare-bones site. You'll also find information about how to stay healthy while eating a vegetarian diet and links to other low-fat and vegetarian Web sites.

Food and Nutrition Information from A to Z—
www.nal.usda.gov/fnic/etext/fnic.html

This U.S. Food and Drug Administration site offers an extensive index to Internet sites related to food and nutrition. Links dealing with food poisoning, food labels, the Food Guide Pyramid, childhood -- nutrition, vitamins and minerals and hundreds of other topics. **Recipe-a-day**

Fast Food Facts-Interactive Food Finder—www.olen.com/food. This site provides comprehensive nutritional data on fast-food menu items. You can search for items by restaurant; by food categories, such as French fries or salads; or by using certain criteria, such as sandwiches that have less than a given amount of fat, calories and sodium.

Global Gourmet—
www.globolgourmet.com.

International recipes, dining chat rooms and menu guides are provided at this well-designed site. Cooking and dining information is organized by country and includes what to eat, menu translations, recipes and tips on culinary customs and festivals.-- **Mayo Clinic Diet &**

Nutrition Center—
www.mayohealth.org/mayo/common/htm/dietpage.htm

This site provides a wealth of information about nutrition and weight maintenance. Search the Virtual Cookbook for low-fat recipes in dozens of categories; test your nutrition knowledge; read reference articles; and ask a Mayo dietitian questions by e-mail.

Meals for You—
www.mealsforyou.com

You can download thousands of healthful recipes and meal plans from this easy-to-use site. Search for recipes by ingredient; nationality; a category, such as weight loss; or nutritional specification, such as low cholesterol or low sodium. Complete nutritional information for each recipe is provided, and the information is automatically adjusted if you add or delete an ingredient. You can also adjust the recipes to serve more or fewer people.
www.recipe-a-day.com

Subscribers to this site receive a healthful recipe via e-mail every day. Visitors can print or download recipes from the extensive archive. You can submit your own recipe for possible inclusion in future e-mailings.

Vitality - June 2000

BONING UP FOR HEALTH

If you want strong bones right now, and even into your eighties or nineties-and who doesn't-you should know that there's more to it than just calcium. Many other nutrients are important for building bones and maintaining them. Hard like ivory on the surface and spongy inside, bones are living, dynamic tissue-not dead or inert, as you might think. For one thing, they are 50% water (not "dry bones" at all). They evolve and change throughout life and from day to day. Depending on many factors, including testosterone in men and estrogen in women, calcium is laid down in bone and released from it. Diet is of key importance. Physical activity is essential: weight-bearing exercise such as walking synergizes with nutrients and hormones to build up bone tissue. Lack of exertion robs you of bone mass.

Here are a few nutrients other than calcium that are important for bone health:

Vitamin C: Plentiful in many fruits and vegetables, C helps produce collagen, the connective tissue that holds bone tissue together, and works with calcium and other minerals.

Vitamin K: Noted for its role in blood clotting, K promotes the synthesis of three bone proteins needed for strength. Studies have found that a high vitamin K intake helps prevent hip fractures. Broccoli and leafy greens are rich in K.

Vitamin D: your bones cannot absorb and utilize calcium without vitamin D. Exposure to sunshine promotes the manufacture of vitamin D in the body. Milk is fortified with it, and multivitamins contain it.

Magnesium: As important as Calcium for bone formation, this mineral is plentiful in (Green vegetables, legumes, and nuts.)

Potassium: This mineral, plentiful in fruits, and vegetables and other sources, helps bones retain calcium.

Zinc, Copper, and Manganese: These trace materials, like vitamin C, are needed to maintain collagen. You get zinc from meats, seafood, and liver. Copper is found in nuts, shellfish, beans, and chocolate. Whole grains, nuts, berries, beans, shellfish, and tea are good sources of manganese.

Finally the trace mineral boron, found in dairy products and legumes, is thought to be important for strong bones, though there's still much to be learned about it.

Where can you find all these nutrients?

In a diet rich in fruits, whole grains, and vegetables-especially dark leafy greens-low-fat and nonfat dairy products, and fortified cereals. Women over 50 and men over 65 should consume 1,500 milligrams of calcium daily from food (notably dairy products, fortified foods, and dark green leafy vegetables) and supplements; other adults, 1,000 milligrams. We also suggest a daily multivitamin/mineral supplement

for most people. Such a diet, combined with weight-bearing exercise (such as walking, running, or strength training), should keep your bones in shape.

University of California
Berkeley - Wellness Letter
September 2000

GARDENER'S CORNER

It's been an unusual summer so far. Though several thundershowers during August provided some relief for farmers and homeowners, the frequent late summer rains that we are accustomed to have not occurred.

The effects of drought upon local farms, gardens and home landscapes is evident all over the county. In addition, it appears that the incidence and concentration of salt water in coastal irrigation wells is increasing.

The Tree Situation

The sudden appearance of dead trees has many homeowners concerned. We are frequently asked if there is a disease going around.

Most dead or dying trees that we have examined this year can be tied directly, or indirectly, to the shortage of rainfall over the past 2 years.

Extreme drought stress is literally weeding out marginally healthy trees. Anyone who is experiencing an unusual number of dying trees in the yard should make note of the species and the condition under which they have been growing.

The most dominant species that is being lost is laurel oak. This is a relatively short --

Zinc, copper, and manganese: These trace minerals, like vitamin C, are needed to maintain collagen. You get zinc from meats, seafood, and liver. Copper is found in nuts, shellfish, beans, and chocolate. Whole grains, nuts, berries, beans, shellfish, and tea are good sources of manganese.

Finally, the trace mineral **boron**, found in dairy products and legumes, is thought to be important for strong bones, though there's still much to be learned about it.

Trees that have been living, even though their root system was disturbed by construction, are also dying in larger numbers. Any excessive grading, filling or ditching during the development of property can severely reduce the number of roots. This kind of damage is frustrating, because the results might not show in the upper part of the tree for as long as 3 to 5 years following development.

Chinch Bugs are Active Now

Anyone with St. Augustine grass in the lawn should be aware that chinch bugs are causing much damage right now.

Check the lawn weekly and control these pests before serious damage is done. The most serious symptoms are showing up in the Gulf Breeze/Tiger Point area.

Contact your garden center, nursery, lawn care professional or Extension agent for information on monitoring for, and controlling chinch bugs in St. Augustine.

September Tips

Dig and separate bulbs from mature amaryllis plants. Replant just deep enough that the tip of each bulb is even with the top of the ground.

There is still time for one last planting of some warm season vegetables. This month seed snap beans, pole beans, cucumbers and summer squash.

This is the month for a first planting of the cool season, or winter vegetables. Plant seeds of beets, broccoli, cabbage, carrots, cauliflower, collards, endive, escarole, lettuce, mustard, bulbing and multiplying onions, radish and turnip.

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Any late season fertilization of lawns and shrubs, where high nitrogen containing products are used, should be completed by the end of this month.

Lift, separate and replant any crowded clumping type perennials such as daylilies, Liriope and mondo.

Most of the well adapted bulbs for the Gulf Coast are best planted during late summer and fall. These include: African lily, amaryllis, calla lily, daylily, iris, snowflake, watsonia, zephyr lily, cyclamen, leopard lily, pineapple lily and star of Bethlehem.

Master Gardeners Recognized

Congratulations to the Santa Rosa Master Gardeners! They were recently presented a first place award at the state Master Gardener Continued Training Conference at the University of Florida.

They were recognized in the Youth Category for the "Growing Gardeners" project. This is a special Master Gardener/4-H effort to reach children through demonstration gardens at several schools.

The presentation was made in early August at a special awards banquet. Deila Hiebert, project chair, received the plaque on behalf of the group of Master Gardeners who have diligently worked on this project.

Dan Mullins
Horticulture Agent

--RECIPES

APPLE HAYSTACKS

4 cold, medium-size red Delicious apples, unpeeled
1 Tbsp. & 1 tsp. lemon juice
1 Tbsp. honey
½ c. dark or golden raisins
1 c. vanilla nonfat yogurt
4 tsp. sliced almonds

Core and coarsely grate the apples into a large bowl. Add the lemon juice and honey and toss to coat.

Toss the raisins into the apple mixture, then fold in the yogurt.

Divide the apple mixture among individual serving bowls, top with almonds and serve.

Serves four.

Health Facts: Calories 226, Fat 1.5gm, Calories from fat 6%, Cholesterol 1mg, Sodium 45mg

VEGGIE CALZONES

Makes: 6 servings

Ingredients:

CRUST

2¼ c. bread flour

2½ c. oat bran

1½ tsp. yeast

1 tsp. sugar

¼ tsp. salt

1 c. water

FILLING

1¼ c. fresh spinach

¼ c. onions, chopped

1¼ c. non/low-fat ricotta cheese

¾ c. non/low-fat grated mozzarella cheese

3 Tbsp. non/low-fat grated Parmesan cheese

¾ tsp. dried Italian seasoning

SAUCE

2 c. non/low-fat tomato sauce or pasta sauce

Directions:

In a large bowl, combine 1¼ cups of the flour with the oat bran, yeast, sugar, and salt and stir well.

Place the water in a saucepan, and heat on medium heat. Add the water to the flour mixture, and stir for 1-2 minutes. Stir in enough of the remaining flour, 1 tablespoon at a time, to form a stiff dough.

Sprinkle 2 tablespoons of the remaining flour over a flat surface, and place the dough onto the surface.

Knead the dough for 5 minutes, gradually adding enough of the remaining flour to form a smooth ball.--Coat a large bowl with nonstick cooking spray (nonfat), and place the dough in the bowl. Cover the bowl with a towel, and let rise for about 30-40 minutes.

When the dough has risen divide it into 6 portions, and shape each portion into a ball. Using a rolling pin, roll each ball into a circle.

Combine all of the filling ingredients in a medium-sized bowl, and stir well. Spread the filling on the top half of each circle of dough. Brush a little water around the outer edges of each circle, fold the bottom half over the top half, and firmly press the edges together to seal.

Place the calzones on the baking sheet. Bake at 450 degrees F for 15-18 minutes.

Serve the calzones hot with warm sauce spread over the top.

Nutritional Information:

Serving size: 1 calzones

Calories 270, Fat 1g, Protein 20g, Carbohydrates 35g, Fiber 3.5g, Sodium 340mg

SWEET 'N SPICY BBQ CHICKEN

Makes: 6 servings

Ingredients:

1½ lb. skinless chicken breasts

1½ tsp. onion powder

1½ tsp. garlic powder

½ c. mustard

½ c. pineapple juice

¼ c. brown sugar

1 tsp. horseradish

Directions:

Prepare a medium-hot grill and lightly spray with nonfat cooking spray.

Combine pineapple juice, brown sugar, mustard and horseradish in a small saucepan; place directly on grill and cook 5-10 minutes.

Nutritional Information:

Calories 170, Fat 1g, Cholesterol 71mg, Protein 29g, Carbohydrates 13g, Fiber 1g, Sodium 446mg--Sincerely,

SANTA ROSA COUNTY EXTENSION SERVICE
6051 OLD BAGDAD HWY., SUITE 116
MILTON FL 32583-8932

OFFICIAL BUSINESS
THIRD CLASS BULK RATE
PENALTY FOR PRIVATE USE \$300

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Sprinkle chicken breasts with onion and garlic powder and cook 10-15 minutes, brushing frequently with sauce, until no longer pink and cooked through.

Turn chicken once while grilling and serve remaining sauce with chicken.

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